Author: Jason Carter

Cracker Barrel Nutrition & Ordering Handbook

Know what to eat, when to order, and how to make smarter dining choices

https://crackerbarrelmenuprices.us/

What Makes Cracker Barrel’s Menu Unique?

Cracker Barrel is a haven of comfort food inspired by Southern home cooking. From hearty breakfasts to wholesome grilled options, it offers something for everyone—at any time of day.

- All-day breakfast
- Seasonal favorites
- Family-style meal bundles
- Online ordering for convenience
- Focus on fresh, homestyle flavors

Tip: If you're looking for calorie-wise choices or planning a quick pickup, you’re in the right place.

FAQ – *When is breakfast available at Cracker Barrel?*

Answer:
Breakfast at Cracker Barrel is served **all day, every day**, from open until close. Whether you're stopping by at 7 AM or 7 PM, you can enjoy classics like pancakes, grits, eggs, or their famous Country Fried Steak & Eggs.

Pro tip: Combine your meal with fresh fruit or grits for a lighter option.
👉 *Explore the complete breakfast menu options and prices*

FAQ – *Which Cracker Barrel meals are under 600 calories?*

Answer:

Health-conscious diners have multiple tasty choices that stay within a calorie-smart range.

🍗 Grilled Chicken Tenderloins (3 pcs) – 270 cal
🐟 Lemon Pepper Grilled Rainbow Trout – 230 cal
🥦 Steamed Broccoli – 40 cal
🍎 Fresh Seasonal Fruit – 60 cal
🥗 Side Salad (no dressing) – 110 cal
👉 *Check Cracker Barrel nutrition facts and calorie info here*

FAQ – *How do I order Cracker Barrel online?*

Answer:
Ordering online is quick and straightforward:

1. Visit the Cracker Barrel website
2. Choose pickup or delivery
3. Browse menu categories (breakfast, family meals, etc.)
4. Customize sides or portions
5. Secure checkout with scheduling options

Cracker Barrel also offers **family meal bundles**, which are great for 4 to 6 people.
👉 *Order your Cracker Barrel favorites online now*

FAQ – *What are the healthiest sides at Cracker Barrel?*

Answer:

Here are some sides that are lower in calories and carbs:

✅ Steamed Broccoli
✅ Whole Kernel Corn
✅ Fresh Apple Slices
✅ Cole Slaw (light portion)
✅ Side Salad (no cheese/dressing)

These options let you customize your plate without sacrificing taste.

FAQ – *Are there vegetarian options at Cracker Barrel?*

Answer:

Yes! While Cracker Barrel is meat-heavy, vegetarians can enjoy:

🥗 House Salad
🍞 Macaroni and Cheese
🥦 Vegetable Plate (choose 3 or 4 sides)
🍠 Sweet Potato Casserole
🥣 Grits or Oatmeal (breakfast)

For added nutrition, you can request no butter or cheese where applicable.

FAQ – *What comes with a typical Cracker Barrel meal?*

Answer:

Most entrees come with:

- **Two country sides**
- **Buttermilk biscuits or corn muffins**
- **Optional gravy or sauces**

You can often substitute sides, ask for light dressing, or skip gravy to adjust for calories.

FAQ – *When is Cracker Barrel busiest and how to avoid wait times?*

Answer:

Cracker Barrel is busiest during these hours:

🕘 Weekend breakfast (9 AM to 11 AM)
🕔 Sunday dinner (5 PM to 7 PM)

Avoid long waits by:

- Ordering online for pickup
- Dining on weekdays
- Visiting during off-peak times (2–4 PM)

Final Thoughts & Resource Link

Cracker Barrel offers a mix of indulgent comfort food and lighter, practical meals. Whether you're craving pancakes or grilled trout, being mindful of portions and sides can help you enjoy your meal without guilt.

🔗 *To explore the full Cracker Barrel menu, calorie charts, and ordering options, visit:*
👉 **crackerbarrelmenuprices.us**